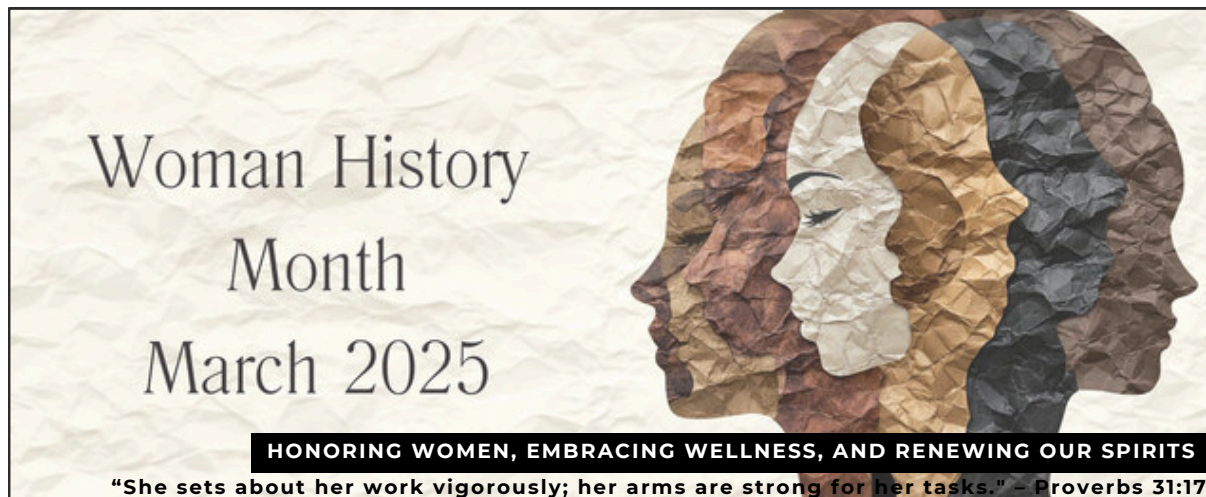


THE WELL

SPIRITUAL & MENTAL WELLNESS
WITH LADY UMEKA

March 2025



Honoring Women, Embracing Wellness, and Renewing Our Spirits

Grace and peace to you!

Welcome to this month's edition of The Well: Spiritual & Mental Wellness, where we come together to refresh our hearts, renew our minds, and restore our spirits through faith and wellness.

March is a time of transition as winter fades and spring breathes new life into the world around us. As we witness this renewal, it is also a season to celebrate strength, resilience, and well being.

This month, we honor Women's History Month, a time to recognize the achievements of women throughout history while also uplifting the spiritual, mental, and physical wellness of women today.

The theme for Women's History Month 2025 is "Moving Forward Together! Women Educating & Inspiring Generations." This theme highlights the power of women in shaping future generations through education, mentorship, and leadership. It reminds us of the importance of unity, knowledge, and inspiration in building a strong foundation for the future.

March also brings awareness to National Nutrition Month, Sleep Awareness Week, and National Day of Unplugging, all vital aspects of holistic health that contribute to our overall well being.

As **Proverbs 31:25** reminds us, "She is clothed with strength and dignity, and she laughs without fear of the future."

Let us walk in strength, honor the women in our lives, and prioritize wellness in every form.

*With love and blessings,
Lady Umeka*

In this newsletter
you can expect:

Welcome
Message from
Lady Umeka

Faith & Wellness
Focus: Women's
Strength &
Wellbeing

Mental Health
Corner: The
Power Rest &
Renewal

Ten Day Self
Care Challenge:
Women's
Wellness Edition

Church &
Community
Wellness
Initiatives



Faith & Wellness Focus: Women's Strength and Well-being

Faith & Wellness Focus: **Women's Strength and Well being**

Scripture Reflection: "God is within her, she will not fall. God will help her at break of day." – Psalm 46:5

Women have been pillars of faith, leadership, and healing throughout history. From biblical heroines like Esther and Ruth to modern day trailblazers, women's strength is deeply rooted in faith and perseverance.

This month, let us focus on caring for ourselves and the women in our lives through:

✓ **Spiritual Growth:** Engage in prayer, devotion, and reflection on women in the Bible.

🍏 **Nourishing the Body:** Honor National Nutrition Month by choosing foods that fuel both body and mind.

💤 **Prioritizing Rest:** Sleep is essential to mental and physical wellness. Observe Sleep Awareness Week by establishing a healthy bedtime routine.

📵 **Unplugging for Mental Clarity:** Take part in National Day of Unplugging by stepping away from screens to focus on mindfulness and connection.



Mental Health Corner: The Power of Rest and Renewal

Scripture Reflection: "Come to me, all you who are weary and burdened, and I will give you rest." – Matthew 11:28

Rest is a gift, yet many of us struggle to prioritize it. Between responsibilities at home, work, and ministry, taking a break can feel impossible. However, Jesus Himself modeled the importance of rest by taking time away to pray, recharge, and renew His strength.

Ways to prioritize rest and renewal:

✝️ **Sabbath Moments:** Dedicate time each week to rest and be still in God's presence.

🔥 **Create a Nightly Wind Down Routine:** Reduce screen time, pray, and journal before bed.

📖 **Engage in Spiritual Reading:** Refresh your soul with scripture and uplifting books by faith filled women.

🗣️ **Say No Without Guilt:** Protect your peace by setting boundaries and prioritizing your well being.



Ten Day Self Care Challenge: Women's Wellness Edition

A short but powerful journey to refresh your heart, strengthen your mind, and nourish your body.

Day 1: Express Gratitude

Write a letter of gratitude to a woman who has impacted your life.

Day 2: Find Inner Peace

Spend ten minutes in prayer or meditation focusing on inner peace.

Day 3: Nourish Your Body

Eat a meal that fuels both body and soul.

Day 4: Embrace Movement

Step outside for fresh air and movement.

Day 5: Digital Detox

Unplug for at least an hour to be present with yourself and God.

Day 6: Speak Life

Affirm yourself with scripture or positive words.

Day 7: Rest and Recharge

Prioritize rest. Go to bed early or take a midday break.

Day 8: Lift Others Up

Encourage another woman with a kind message or prayer.

Day 9: Worship and Surrender

Listen to worship music and surrender your worries to God.

Day 10: Reflect and Grow

Reflect on how you have grown spiritually, mentally, and physically this month.



You're Invited:
Red Carpet Premiere of When Black Women Dare to Travel!

We are honored to have received a special invitation to the red carpet premiere of *When Black Women Dare to Travel* on March 30, 2025!

This powerful documentary is a celebration of faith, empowerment, and the transformative power of travel. It's a unique opportunity to come together as a community, uplift one another, and witness incredible stories that inspire boldness, growth, and new experiences.

☀️ **Exclusive VIP Access Just for Us!** ☀️

As part of this special invitation, we've been given an exclusive group access code: **GEBC2025** ☀️ This code covers 20 VIP tickets, so don't wait—claim yours today!

💎 Get your tickets here:
👉 [Eventbrite Link](#)

This is more than just a film, it's a celebration of fearless, adventurous women stepping into the world with confidence. Let's come together for an unforgettable evening of inspiration, connection, and sisterhood.

Red Carpet Premiere Screening



**HAVE YOU PURCHASED
YOUR TICKETS**

March 30, 2025
Texas Theatre

721 W. Jefferson Blvd. Dallas, Tx 75208	VIP Reception Program	3:00 pm 3:45 pm
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www.whenblackwomendaretotravel.com



Seeking Counseling Services? We're Here to Help.

If you or your loved ones are in need of professional counseling, the Bridging The Gap Foundation is ready to assist.

They offer affordable counseling options for adults and no-cost services for children and teens (18 and under).

Let us help you find the support you need. For more information, visit www.btgf.org.

**Making Access to Care a Reality**

**BRIDGING THE GAP FOUNDATION**

ABOUT BTGF
Our Mission
To address the disparities associated with mental health and access to quality care within underserved communities.

Our Vision
A Dallas where there is mental health parity and equal access to quality mental health treatment regardless of demographics, ethnicity, geography, or socioeconomic status.

WE CAN HELP!

WHAT WE OFFER
Access to culturally competent mental health professionals.
Funding for ten (10) professional counseling sessions

WHO WE SERVE
Adults, Adolescents, and children ages 11 and older
Overlooked, underinsured, and uninsured residents of Dallas and the surrounding area.

WHAT TO EXPECT

- Acknowledgment
- Advocacy
- Assistance
- Non-judgmental listening approach
- Support
- Transparency

CONTACT US NOW
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Dallas, TX 75376
<https://btgf.org>



YOU ARE NOT ALONE

[Click here to access flyer](#)

Thank you for reading!